



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 20015, Corn bran, crude

Report Date: June 27, 2017 03:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 2.35 Fat Factor: 8.37 Protein Factor:1.82 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 76g
<strong>Proximates</strong>					
Water	g	4.71	6	0.554	3.58
Energy	kcal	224	--	--	170
Energy	kJ	937	--	--	712
Protein	g	8.36	6	1.760	6.35
Total lipid (fat)	g	0.92	6	0.097	0.70
Ash	g	0.36	6	0.019	0.27
Carbohydrate, by difference	g	85.64	--	--	65.09
Fiber, total dietary <sup>1 2 3</sup>	g	79.0	3	4.474	60.0
Sugars, total	g	0.00	--	--	0.00
<strong>Minerals</strong>					
Calcium, Ca	mg	42	5	2.640	32
Iron, Fe	mg	2.79	3	0.006	2.12
Magnesium, Mg	mg	64	5	6.385	49
Phosphorus, P	mg	72	4	5.429	55
Potassium, K	mg	44	5	2.601	33
Sodium, Na	mg	7	5	0.157	5
Zinc, Zn	mg	1.56	5	0.139	1.19
Copper, Cu	mg	0.248	5	0.032	0.188
Manganese, Mn	mg	0.140	2	--	0.106
Selenium, Se	µg	16.5	--	--	12.5
<strong>Vitamins</strong>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 76g
Thiamin	mg	0.010	5	0.004	0.008
Riboflavin	mg	0.100	6	0.006	0.076
Niacin	mg	2.735	4	0.351	2.079
Pantothenic acid	mg	0.636	4	0.279	0.483
Vitamin B-6	mg	0.152	4	0.014	0.116
Folate, total	µg	4	4	1.435	3
Folic acid	µg	0	--	--	0
Folate, food	µg	4	4	1.435	3
Folate, DFE	µg	4	--	--	3
Choline, total <sup>4</sup>	mg	18.1	--	--	13.8
Betaine <sup>4</sup>	mg	4.6	1	--	3.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	4	2	--	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	32	--	--	24
Carotene, alpha	µg	21	--	--	16
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	71	2	--	54
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1355	--	--	1030
Vitamin E (alpha-tocopherol)	mg	0.42	--	--	0.32
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.130	--	--	0.099
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 76g
14:0	g	0.000	--	--	0.000
16:0	g	0.111	--	--	0.084
18:0	g	0.015	--	--	0.011
Fatty acids, total monounsaturated	g	0.243	--	--	0.185
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.243	--	--	0.185
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.421	--	--	0.320
18:2 undifferentiated	g	0.408	--	--	0.310
18:3 undifferentiated	g	0.013	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

#### Sources of Data

<sup>1</sup>V Chaudhary, F Weber Barley bran flour evaluated as dietary fiber ingredient in wheat bread, 1990 Cereal Foods World 35 6 pp.560-562

<sup>2</sup>L Prosky Total Dietary Fiber in Cereals -- Problems and Determination, 1986 AACC Symposium

<sup>3</sup>V Chaudhary, F Weber Dietary fiber ingredients obtained by processing brewer's dried grain, 1990 Journal of Food Science 55 2 pp.551-553

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD